

When?

This virtual baby group will be split into two groups over a 7 week period initially.

Group one will be for mothers with babies up to 5 months old.

Group two for mothers with babies from 5 months to a year.

We are hoping to start these groups in October 2020.



How?

You will be invited by Microsoft Teams virtually to join a small group of 5/6 other mums. Having a small group will allow everyone to get to know each other. The group will be about 40 minutes long each week.

Patient Information Leaflet

Stay in and Play in



Hosted by Maggie Felton, Perinatal Occupational Therapist and Abbie Sullivan, Nursery Nurse.

Perinatal Mental Health Service

About us

Stay In and Play In is a group for mums like you. You may be feeling isolated due to becoming a mum, being a new mum, the new lock down rules or have simply lost touch with friends over time. Stay In and Play In allows mums to meet others mums virtually to exchange ideas, problems and solutions with each other as well as having fun with your baby with activities such as baby massage and song time.



What will the group be like?

We will have a time to catch up and welcome everyone, song or story time, opportunities for baby massage and a chance to chat on a weekly theme such as becoming a mum, soothing your baby or looking after yourself.

What will you need?

- A drink for yourself
- A drink for your baby
- A little snack for yourself and your baby
- A laptop/ phone to join into the group virtually

